



# CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

## MONDAY, SEPTEMBER 18

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | SLOPPY JOE WITH CHIPS @ \$2.50..... WITH FRIES    | \$3.50 |
| <b>LOWFAT</b>  | SMOKED TURKEY WRAP                                | \$2.95 |
| <b>FEATURE</b> | PARMESAN CHICKEN BREAST WITH POTATO, VEG., & ROLL | \$5.51 |
| <b>FEATURE</b> | SALISBURY STEAK WITH POTATOES, VEG. AND ROLL      | \$5.51 |

## TUESDAY, SEPTEMBER 19

|                |  |        |
|----------------|--|--------|
| <b>GRILL</b>   | PATTY MELT ..... WITH CHIPS @ \$2.75 ..... WITH FRIES  | \$3.75 |
| <b>FEATURE</b> | CHICKEN ALFREDO ON NOODLES WITH VEG. & BREADSTICK  | \$5.51 |
| <b>LOWFAT</b>  | TUNA CASSEROLE WITH VEG. & ROLL  | \$4.90 |
| <b>FEATURE</b> | BAKED POTATO WITH BEEF STOGANOFF<br>(EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each) | \$3.25 |

## WEDNESDAY, SEPTEMBER 20

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | TACO SALAD BAR                            | \$5.51 |
| <b>LOWFAT</b>  | ROAST BEEF BAGEL                          | \$2.95 |
| <b>FEATURE</b> | HAMBURGER VEGETABLE CASSEROLE WITH ROLL   | \$4.90 |
| <b>FEATURE</b> | COUNTRY RIBS 'N' KRAUT WITH POTATO & ROLL | \$5.51 |

## THURSDAY, SEPTEMBER 21

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | FRENCH DIP N SWISS SANDWICH WITH CHIPS \$3.25<br>WITH FRIES | \$4.25 |
| <b>LOWFAT</b>  | TURKEY SALAD SANDWICH (NO FAT MAYO)                         | \$2.95 |
| <b>FEATURE</b> | HOT HAMBURGER (GRAVY \$ POTATOES) WITH VEG.                 | \$4.90 |
| <b>FEATURE</b> | BAKED CHICKEN WITH POTATOES, VEG & ROLL                     | \$5.51 |

## FRIDAY, SEPTEMBER 22

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | BLT WITH CHIPS @ \$2.75 ..... WITH FRIES  | \$3.75 |
| <b>LOWFAT</b>  | TURKEY CHOW MEIN HOTDISH WITH VEG. & ROLL | \$4.90 |
| <b>FEATURE</b> | SHEPPARDS PIE WITH VEG., & ROLL           | \$4.90 |

## DAILY SPECIALS

**FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH**

|                         |                 |        |
|-------------------------|-----------------|--------|
| *** GRILLED CHICKEN *** |                 | \$2.95 |
| HOT BEEF SANDWICH       |                 | \$4.90 |
| ROAST BEEF DINNER       |                 | \$5.14 |
| SALAD BAR               |                 | \$1.90 |
| CHILI                   | CUP \$1.50 BOWL | \$2.50 |
| SOUP                    | CUP \$1.45 BOWL | \$2.29 |

**CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.**

**BREAKFAST: 7:00 - 10:30**

**LUNCH: 10:30 - 1:30**

